

[Psychostimulant Effects of Forskolin Including Anorexia]

Abstract

Forskolin is disclosed to have novel effects on humans such as stimulating various aspects of the metabolism so that the overall effect is one of perceived increased energy levels and improved mental alertness. As part of this psychostimulation, forskolin shows a profound effect to reduce a human's appetite for food. Forskolin can be safely used either as a drug or as a food or dietary supplement to decrease a human's food intake. It can likewise be safely used as a mental stimulant so that the person experiences a heightened sense of energy levels as well as mental alertness.